



the newham mag

Issue 313 // 10 - 23 April 2015 / Every fortnight



**Young have
X factor**

New generation of voters (p6)

HAVE YOU REGISTERED TO VOTE? MAKE SURE YOU'RE IN!

www.gov.uk/register tovot e
General Election – Thursday 7 May



YOUR VOTE MATTERS
MAKE SURE YOU'RE IN



contents

10 April 2015 // **issue 313**

Welcome to the latest edition of the Newham Mag. In this issue, we take a look at how Newham Council's Youth Employment Scheme (YES) is providing opportunities for work and qualifications for residents aged 16-18 (p4) and with the General Election less than a month away, we find out how youngsters are using their chance to make a difference by registering to vote (p6).

There is also an update on the council's campaign against fly-tipping and how we are cracking down on people who foul the law to the detriment of our community (p10).

Finally, we look forward to the summer, and you can find a guide to some of the exciting events being planned this summer (p15). Before that though, Newham will mark 70 years since the end of the Second World War in Europe (p10) and you can find out how author Miss Hollow has been researching our rich local history for his novel about West Ham in the 1930s (p11).

The Newham Mag

Keep in touch with Newham Council via:

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Regulators

- 04 NEWS** – two pages of news from across the borough
- 12 WORKING LIVES** – puppet messengers pulling the strings
- 16 NEWHAM IN PICTURES** – your fortnight in photos
- 22 OUR NEWHAM** – competitions and community news
- 24 KIDS CORNER** – pictures and puzzles for our younger readers
- 26 WHAT'S ON** – five pages of activities and events for you to try, most of them free

Features

- 06 DEMOCRACY HUB 2015** – encouraging youngsters to register to vote



12



15



05



09

- 08 YOU'RE HIRED** – we meet the latest group of apprentices hired by Newham Council
- 10 VE DAY** – how to mark 70 years since the end of the Second World War in Europe
- 11 DETECTING A GOOD READ** – Newham's archives have contributed to a thrilling new novel set in the 1940s
- 15 2015 EVENTS PREVIEW** – a look at free events this summer
- 19 FACE THE PENALTY** – face the consequences of dangerous fly-tipping
- 21 CARING FOR CASUALTIES** – supporting the ex-servicemen of The Rifles

IN BRIEF //

Have say on pharmacies

Residents have a final opportunity to comment on the amount and quality of pharmaceutical services in Newham.

The Pharmaceutical Needs Assessment (PNA) is a legal document being developed by Newham's Health and Wellbeing Board that analyses the health needs of residents and what is being provided by local pharmacies.

You have until 15 April to complete a short online questionnaire at www.newham.gov.uk/na where you can comment on the number of pharmacies where you live and whether they are meet the changing needs of the community. The final report is due at the end of April.

Muscle in the air

The Emirates Air Line cable car is now offering a Night Flight experience with later opening hours, longer flight times and music and video entertainment in cabins and at terminals.

It means passengers making use of the entertainment on offer in the Royal Dock and Greenwich Peninsula areas can cross the river until 10pm from Sunday to Thursday and until 11pm on Friday and Saturday throughout the summer.

Journey times are extended every day after 7pm with a round trip taking 25 minutes (12 minutes for a single crossing). Visit www.elf.gov.uk for information.

Arts space books in

The former Manor Park Library in Roperford Road is to become a workshop for local artists and creative businesses and a space for residents to access free cultural activities.

Newham Council has granted educational arts charity Bow Arts Trust a seven-year lease and will work with arts organisation Creative London to transform the site to offer art and music workshops, exhibitions, training and employment advice and a cafe.

Creative London and Bow Arts Trust secured more than £175,000 from the Greater London Authority's High Street Fund to support the transformation work.

>>> Parks set for summer fun

Residents will again be enjoying free, fun activities in parks this summer thanks to Newham Council's activity partner activeNewham and Coca-Cola Great Britain.

The ParkLives programme will offer 2,000 sessions aimed at getting residents up, active and socialising in 21 parks and community green spaces. A timetable can be found at www.parklives.com where people can register.

New activities include BMX, Rugby Fit Camp and Walking Football. Sports such as badminton, table tennis and football continue and there will be other activity to try such as pond dipping, wild play and Zumba.

Sessions are generally an hour long and held throughout the week. Every session is led by a trained activity leader supported by Newham's Volunteering Programme.

Liz Lowe from Coca-Cola Great Britain said: "ParkLives is about bringing people together to enjoy fun, free activities in green spaces. Newham's parks are going to be buzzing with activity."



Rags to riches

Children from a Beckton primary school organised a successful clothes collection, with funds raised going to the Tuberculosis Sclerosis Association.

Eleven children from the 'We Day' citizenship group at the school and children's centre took on the responsibility of collecting unwanted clothes from all pupils at the school. The charity Clothes Aid was then able to transform their collection into £285 for the Tuberculosis Sclerosis Association, a cause selected by the pupils.

Lara, a pupil at the school said: "I have now learned what helping charities means and I would like to help others in future." Classmate Alexandra added: "I would really love to do this again because helping others makes you feel better."

For information regarding clothes collections call the Clothes Aid helpline on 020

7556 8545 or visit www.clothesaid.co.uk





News

Minibus is wheel boost

Deputy Mayor Councillor Lester Hudson joined former Chelsea and England footballer Dennis Wise to unveil Newham All Star Sports Academy's first minibus.

The 17-seater vehicle will be used to transport NASSA's seven age group teams to away basketball fixtures. It will also be used to support disabled young people to attend wheelchair basketball sessions.

The vehicle was presented by the Frankham Group Charitable Trust to mark the tenth anniversary of the organisation. Alexander Yakovenko, Russian ambassador to the UK, joined in the ribbon-cutting with Natasha Hart, chief executive of NASSA.

Natasha said: "We cannot say thank you enough to everyone at the Frankham Group. The minibus will make a huge difference to NASSA and to all of the parents of players who have spent so much money over the years helping us take teams to games."



The ribbon-cutting ceremony

Help train guide dogs

The Guide Dogs organisation is appealing for residents in Newham to train and socialise guide dog puppies - a volunteering role known as Puppy Walking.

These crucial volunteers provide the full-time care and education of a puppy from seven weeks of age until they are between 12 and 14 months old, when the puppies are returned to the charity to begin their formal guide dog training.

Jackie Palmer, a Puppy Walker from West Ham, said: "I have enjoyed every minute with my Guide Dog puppy. He is a joy to have, and the kids love him. I have met so many people since becoming a Puppy Walker and I have seen and heard first-hand the benefits a trained guide has in the life of a visually impaired person."

To request more information call 0845 371 7771, email volunteer@guidedogs.org.uk or visit www.guidedogs.org.uk/puppywalking



Jackie Palmer with puppy Jack

School attendance top class

The Department for Education has revealed that secondary schools in Newham are the best in London in the attendance league tables.

Figures released for absence statistics for all schools and local authorities in the country show that out of all the authorities that provided secondary school data, Newham came first in London for attendance and first across the country.

The data also highlights that since 2013, Newham has had

a lower number of authorised and unauthorised absences from schools compared to those across London and England.

The councils success can be attributed to a new attendance management service introduced in 2012 to discourage unnecessary pupil absence. Since then 3,390 penalty notices have been issued to parents for taking their children out of school in term time for holidays or trips abroad, or for poor attendance.

VOTE OF SUPPORT FROM YOUNG GENERATION

At the 2010 General Election, just 44% of people aged 18 to 24 cast a vote compared to 76% of those aged 65 and over. As the May 7 election draws near, volunteers at Newham College of Further Education are determined to get more young people voting and signed up to do so in future.

An exhibition space, the Democracy Hub 2015, has been created on the ground floor of the college's campus in High Street South, East Ham, supported by Newham Council's electoral services team. Open to both learners and staff, the Hub opened in March and has been filled with information about the 2015 General Election.

Prospective voters can find impartial advice about both major and minor political parties in the UK as well as information about MPs, the electoral process, local candidates and some mock polling stations and ballot papers. Most importantly, the Hub contains an area dedicated to voter registration, and a team of students are helping to spread the word, and to get people registered.

"A lot of people don't appear to care about voting and think it doesn't make a difference, so we're trying to persuade them that it really does."

Shavonté Cole, 17, a volunteer at the Hub and a student on the college's Access to Performing Arts course, said: "A lot of people don't know much about the election and what it means for us as young people. If I hadn't got involved as a volunteer here, I wouldn't have registered."

Following a change to the way registration takes place in the UK, a large number of young people across the borough are not on the electoral register. In the past the head of a household could register everyone living in one home, but now voters are required to register individually.

Chelsey Colme, 18, who studies alongside Shavonté in Performing Arts, is another volunteer trying to inform new voters. She said: "A lot of people don't appear to care about voting and think it doesn't make a difference, so we're trying to persuade them that it really does."

The exhibition is enjoying great success so far, with more than 150 students registered by the volunteers within the first two weeks of opening. The deadline for voter registration for this year's General Election is April 20.

Bethany Smith, 18, studying Health and Social Care, wants more of her fellow students to follow their lead. She said: "Voting can benefit us as young people. A lot of older people vote, and they see the benefits of that, but often young people don't."

The volunteers and the atmosphere at the Hub is entirely neutral, and none of the students will tell you who you should be voting for in May. Liam Davis, Learner Voice and Enrichment Team Leader at Newham College, said: "The point of us having the activity at the Democracy Hub is not to tell people how to vote."

"Newham is an extremely fluid borough in terms of permanent residence and therefore many of our students will not be registered in the local area and so not eligible to vote. A lot of young people feel quite disenfranchised with politics, and we're trying to get more people to have a say in how the country is governed. After the deadline passes for voter registration, we will turn this space into a news area to show what issues people are talking about, and advertise where local polling stations will be."

"Voting can benefit us as young people. A lot of older people vote, and they see the benefits of that, but often young people don't."

The legal voting age is 18 so not all of the college's students will be old enough to cast a vote in May, but those aged 16 and 17 can still register, and will be sent notifications of future local, European and Parliamentary elections they can vote in.

The General Election takes place on Thursday May 7. Registration closes on Monday April 20. To register to vote visit www.gov.uk/register-to-vote

Left to right: Kiana and Del,
Chelsey, Gabrielle and Kiana



APPRENTICES - YOU'RE HIRED

It may be just a reality show on TV to businessman Lord Alan Sugar when he hires his latest recruit in The Apprentice, but Newham Council has been offering career opportunities to young people for 24 years.

Seventeen Newham residents aged 16 to 18 are the latest intake of apprentices recruited as part of Newham's Youth Employment Scheme (YES). More than 400 trainees have taken part in the programme since it was launched in 1991 to encourage local young people to take up apprenticeships.

Trainees are recruited on a two year employment contract and 80% of those who have completed the programme have gone on to secure jobs, mainly within Newham.

The latest cohort of apprentices is working across the council, in departments as diverse as planning and regeneration, human resources, housing and finance. Previous apprentices have worked in business administration, information technology, communications, facilities management, surveying and vehicle maintenance amongst many others.

The new starters are settling in well. Summer school assistant Raeanne Graham-Marques said, "I tried college but didn't enjoy it. I decided to try an apprenticeship and found YES on Newham's website..."

"It can be challenging to secure your first job but through YES, young people are offered a real opportunity to earn recognised qualifications and vital employment experience."

"I'm looking forward to meeting new people as well as expanding my knowledge and gaining qualifications while being paid at the same time. My team are very friendly and I feel welcome."

Trainees work towards NVQ2

qualifications in the first year and NVQ3 during their second year. They also attend college regularly and transfer their learning back into the workplace.

Kris Bromley-Derry, chief executive of Newham Council, said: "The Youth Employment Scheme is an award-winning programme and offers a fantastic opportunity for young residents in Newham."

"It can be challenging to secure your first job but through YES, young people are offered a real opportunity to earn recognised qualifications and vital employment experience."

The scheme forms part of the Mayor of Newham's promise to help more residents into work. The YES apprentices are paid a training allowance of £180 per week, which exceeds national minimum wage requirements for 16 to 17-year-olds and apprentices.





CELEBRATE VE FOR VICTORY

May 8 is Victory in Europe (VE) Day and this year marks the 70th anniversary since the end of the Second World War in Europe. Upon the announcement of German surrender in 1945, street parties took place across the country as people pooled their rations and held spontaneous celebrations.

The war had taken a hard toll on the former county boroughs of East Ham and West Ham. Our part of East London was heavily damaged during The Blitz of 1940/41 and by V1 and V2 rocket attacks that continued until near the end of the war.

On VE Day entire streets of residents came together to celebrate the end of the conflict. If you would like to mark this year's special anniversary of VE Day with a party of your own either in your street or a place where the community can get together then Newham Council can help.

The Let's Get the Party Started fund offers grants of between £250 to £500 to support community events. For more information or to apply, visit

www.newham.gov.uk/grants

Residents are also invited to dress up 40s-style for a VE Day-themed

Tea Dance at Old Stratford Town Hall on Friday 15 May from 1.30-4.30pm. Veterans of World War 2 get in for free but there is a £3 entry fee for other Newham residents, which includes refreshments and entry to a raffle. Non-residents are charged £5.

Residents are also invited to observe the national two-minute silence at 3pm on VE Day 8 May and to reflect and remember the conflict and those who lost their lives. It marks the moment Prime Minister Winston Churchill broadcast his speech announcing the end of the war in Europe.

Those wishing to learn more about the Second World War and how it came to an end can look forward to a special exhibition to be held at Stratford Library from VE Day. Further information will be announced at www.newham.gov.uk



VE Day in Stratford and Manor Park

Detecting a good read

When West Ham-born author Mike Hollow was researching his first novel, *Direct Hit - The Blitz Detective*, he knew just where to come - Newham's Archives and Local Studies Library in Stratford.

Mike's story follows Detective Inspector John Jego, an ordinary policeman trying to solve a murder in West Ham on the first night of the Blitz. He said: "I had a passion to write an intriguing detective mystery set when West Ham was a target for German bombs."

"In September 1940 my dad was 36, working as a clerk and at night as a Home Guard volunteer fire-watcher on the roof of Stratford Town Hall watching out for incendiary bombs landing. My mum was a year younger but also working since her school had been closed down when the war started and turned into a fire station."

"I had a passion to write an intriguing detective mystery set when West Ham was a target for German bombs."

Mike, who has worked as a Russian translator and for an international relief charity, is planning to develop *The Blitz Detective* into a series. He said: "I'm working on the second book. My aim is to provide an entertaining read and I'm hoping readers will want to see how things develop for the key characters. Crime increased in the early years of the war aided in no small measure by the blackout, so there'll be no shortage of cases for John Jego to investigate."

"This story may be fiction but the time and places are real. I thank Newham's heritage and archives team in Stratford for their help in exploring the rich resources held by the library's

excellent local history centre."

Direct Hit is available now on Amazon or via Mike Hollow's website at www.blitzdetective.com priced £7.99.

The *Newham Mag* has three copies of Mike Hollow's *Direct Hit* to give away. To be in with a chance of winning a copy, tell us the name of the Detective Inspector in the novel. Send your answer, name, address and telephone number to NewhamMag@newham.gov.uk or write to *Newham Mag*, 1000 Dockside Road, London, E16 2OU before April 17.

For information about local history visit the *Newham Story* website at www.newhamstory.com or email archives@localstudies@newham.gov.uk



German bombers fly over West Ham in 1940. West Ham's speech and greyhound stadium can be seen in the centre.



A bus ride with strings attached

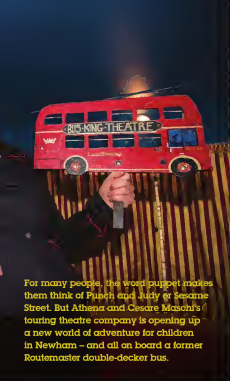
Decorated with bright colours, beautiful illustrations and a theatrical flourish, the Blue King Theatre is a labour of love. The structure of the bus itself has been left exactly as it was, removing just two seats at the front to create a stage. The upper deck has been reserved as a space to

hold workshops, educational activities and puppet-making.

For Athana and Cesari, who have both spent years working as puppeteers with a number of companies and independently, having their own theatre in this unusual space has been a long time coming.

"It's not been easy," says Cesari. "Finding the right bus was complicated and took a lot of research. Then there was the driving licence, which took ages for me – I failed twice! And finding a place where we were able to park the bus took months."

In fact, it was this consideration that



For many people, the word puppet makes them think of Punch and Judy or Sesame Street. But Athena and Cesare Maschi's touring theatre company is opening up a new world of adventure for children in Newham – and all on board a former Routemaster double-decker bus.

brought them to their Canning Town home. "We'd have gone anywhere we could have parked the bus," Athena said. "But now we're here we love it. We love Newham. It's a very interesting area with a huge amount of fascinating history. I think it has a very exciting future and we would

like to be part of that with the bus."

Cesare agrees: "It's so cosmopolitan, we meet people from all over the world. So it's good for us and it suits the bus."

Having recently finished the renovation, Athena and Cesare invited



children from Star Primary School for the inaugural performances at the end of March. The show performed, London Cells, is based on an illustrated children's book, and uses a cast of puppets to take its audience on a whirlwind tour of London and the people that live there.

Athena said: "It doesn't have a lot of dialogue. The idea is to have a lot of lovely music, and break down language barriers and allow anyone to enjoy it."

Both Athena and Cesare believe passionately in the unique qualities of puppet theatre. Cesare said: "I went into this because my grandfather in Italy used to take me as a kid to puppet shows. They were really popular. Now with TV, smart phones, tablets and so on, there are a lot of competitors. Also in London, there are many kinds of show happening, so it is more difficult for us. But I like it, because it involves a lot of skills: writing the story, creating the characters, and then making the set."

Although Athena and Cesare are passionate about the history of their art, don't expect a Punch and Judy show. Athena said: "We like to take people back in time, so they have an experience of how theatre might used to have been. We have our own ideas, our own imagination and we don't necessarily need to do things that other people have done. For example, we saw the London Cells book and it was a lovely story, so we've developed it into a puppet show. It's a way to express yourself, through puppetry."

Having performed their first shows on the Routemaster, the pair are now eagerly making plans for the future. Athena said: "The idea is to go to schools all over Newham, and to parks and places where people of all ages and backgrounds can come and see a show. We want people to look out for the red bus!"

**For more information about the
Bus King Theatre, visit
www.buskingtontheatre.com**

Tell us about your travel habits and help improve Newham through better local connections and neighbourhoods.

You can earn rewards for your time.



www.newham.gov.uk/pasta



This project has received funding from the European Union's Horizon Framework Programme for research, technological development, and innovation under grant agreement no 10101952

Stick with us and get your fourth month FREE.

Join activeNewham in April and we will give you a FREE month*

Our flexible memberships start from as little as £24 per month so start getting more active and look and feel great for the summer.

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Call and reserve your place on 020 81 23 23 or visit to your nearest activeNewham centre www.activeNewham.org.uk



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Newham Leisure Centre,
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Super summer on way

Each year thousands of residents and families enjoy free events across the borough thanks to Newham Council.

Having the opportunity to meet other members of our community and enjoy a free day out with family and friends are some of the reasons that make our events so popular – and Newham such a great place to live. Not only is entry free, but so are almost all the activities and entertainment. Here's a look at some of what's coming up this summer:

Mayor's Newham Carnival

Saturday 11 July, 2pm
Central Park, East Ham E6



This annual event involves hundreds of schoolchildren, residents and community groups parading through the streets of East Ham. This year to celebrate Newham's 50th birthday, it will have a Dancing Down the Decades theme, inspired by music, dance and fashion from across the years.

For information about taking part or to

register your interest, email your contact details to carnival@newham.gov.uk

Mayor's Newham Show
Saturday 11 and
Sunday 12 July
12noon-8pm
Central Park, East Ham E6

Mayor's Newham Show

Come and enjoy two days of free fun and entertainment for all ages including live music, cabaret entertainment, sport and children's activities.

The show will feature special appearances by Postman Pat and naughty phone Cook and Linc from Cbeebies' Sooty Buddies.

Under the Stars
Thursday 13 to
Sunday 16 August
Doors open 6.30pm.
Central Park, East Ham E6



Free outdoor music festival featuring some fantastic acts soon to be

announced. On Sunday 16 August the world famous Royal Philharmonic Orchestra will return to Central Park. This year, the Sunday night concert will be part of the Festival of Pugs, headlined by Laura Wright, the nation's sporting soprano and the Rugby Football Union's first official anthem singer. The evening will end with a spectacular display of fireworks.

Keep up-to-date with all our events this summer by visiting:

www.newham.gov.uk/summer

[f Newham events](#)

[t @NewhamLondon](#)

[#SummerInNewham](#)

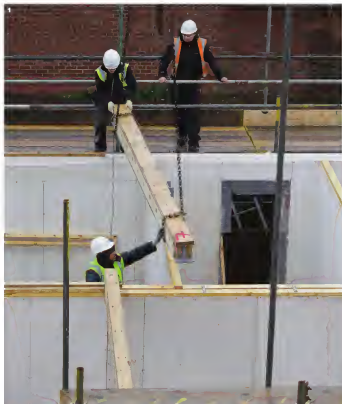
Other dates for your diary

The Big Lunch – Sunday 7 June at Queen Elizabeth Olympic Park (QEOP)

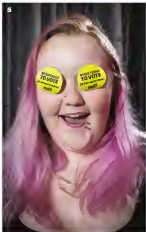
The Great Newham London Swim, Royal Decks – Saturday 16 July

The Morrison's Great Newham London Run – Sunday 19 July at QEOP

National Paralympic Day – Sunday 26 July in QEOP



Newham in pictures



1 Hammer 'n' nail Construction continues on new homes at Leather Gardens. Stratford E15 2 Give them a hand! Students attend the Street Smart Event at Beckton Globe. E8 3 Hitting all the right notes. Choristers rehearse at West Ham Parish Church. E15 4 Good eggs! Mothers and toddlers enjoy a host of Easter activities at Beckton Globe. E8 5 The eyes have it. Students get registered to vote at East Ham Campus, Newham College, E8



Are you a landlord, property developer or managing agent looking to let a property?

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Newham Council URGENTLY requires properties and wants to work in partnership with local landlords and managing agents to rent their properties

The council can offer:

- Up to £2,000 non-refundable cash incentive payment
- £200 non-refundable cash payment to hold a property
- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now

Telephone: 020 3373 1148

Email: PRSsupply@newham.gov.uk



Care and support has changed for the better.

The most significant reform to social care and support for over 60 years was introduced on 1 April. Care and support is the help that some adults need to live with an illness or disability, or to enable a carer to carry on caring.

If you receive care and support, or if you support someone as a carer, you could benefit from the changes.

For more information contact Newham Council:
Web: www.newham.gov.uk/careact
Email: CareAct2014@newham.gov.uk
Telephone: 020 8430 2000 (option 2)

FACE THE PENALTY FOR DUMPING WASTE

Dumping rubbish and bulky items such as mattresses and sofas on the streets or in unauthorised areas is called fly-tipping and is illegal. If you are caught fly-tipping, or using illegal fly-tippers, you could be given a fixed penalty notice or face prosecution, a fine and a custodial sentence.

Anvinder Tooray, 47, from Dagenham, has been told he could face up to six months imprisonment and a maximum fine of £50,000 after being convicted of fly tipping hazardous asbestos in Grange Road, East Ham.

Tooray was arrested by police, and a joint investigation by Newham Council's Law Enforcement Officers and the Metropolitan Police led to the successful prosecution. He dumped waste hazardous with asbestos, which can cause serious life-threatening diseases, in a garden area. As a result fragmented and fibrous asbestos was blown across the footpath, which was cleared by the council at considerable cost.

Clearing fly-tipped waste alone costs the council more than £1.4m every year.

After being tracked down he was charged and appeared at Thames Court on March 26 where he admitted fly-tipping. He will be sentenced on April 30 but has been warned all sentencing options are open.

Clearing fly-tipped waste alone costs the council and ultimately payers of Council Tax more than £1.4m every year. Reporting offenders will help to keep your area cleaner and safer.

If you witness someone fly-tipping rubbish, or you have information on where fly-tipped rubbish might have come from, then you can help us stop it happening again by reporting what you know. If you have seen some waste that has been fly-tipped but you don't know where it came from, it is still important to report it to the council at www.newham.gov.uk/reportit



Waste dumped by Tooray

How to get rid of your waste

Newham Council has a range of free services to help people get rid of their rubbish and bulky waste safely and legally.

Rubbish collection

All properties in Newham get weekly rubbish collections. You can find out your collection day online at www.my.newham.gov.uk/mynighbourhood

Free bulky waste collection

Book a collection online at www.newham.gov.uk/bulkywaste

Free garden waste collection

Book a collection online at www.newham.gov.uk/greenwaste

Reuse and Recycling

Jonkins Lane Reuse and Recycling Centre in Becontree accepts a range of household items for free. Visit www.newham.gov.uk/jenkinslane



PAY YOUR COUNCIL TAX BY DIRECT DEBIT

**It's a simple, safe and speedy
way to make a payment.**

Spread the cost of your Council Tax over 12 months. You can choose to pay on the 1st, 8th, 15th, 22nd or 29th of each month.

The amount will be deducted from your account on a regular basis and the council can only take the agreed amount.

To set up a direct debit now visit www.newham.gov.uk/directdebit or call 020 8430 2000.

You can cancel the Direct Debit at any time by writing to us.



Manor Park Fitness Centre

The new Manor Park Fitness Centre is opening on the **1st June 2015** and will feature state-of-the-art fitness equipment in a welcoming environment - to support you to improve your health and wellbeing.

Register to become a Founder Member - £12.95 per month

Benefit from becoming a Founder Member at Manor Park Fitness Centre and you can join at the special price of only **£12.95 per month**. This great offer is available until 30th April 2015, so make sure you don't miss out by registering your interest today.

Register by going to www.activeNewham.org.uk

Register online
NOW to become a
Founder Member
at only **£12.95**
per month



For more information about this great new fitness centre at the heart of the local community please call 0200 126 0123

Manor Park Fitness Centre
484 High Street North
Manor Park, London
E12 6GN



Caring for casualties

The Rifles is the largest Infantry regiment in the British Army. Care for Casualties is a charity supporting severely wounded servicemen, their families and the families of Riflemen who have lost their lives.

Mayor of Newham Sir Robin Wales and Newham councillors presented a cheque for £4,800 – money raised by residents at council-run community events across the borough – to G Company, 7th Battalion of The Rifles, at the Army Reserve Centre in Portway, West Ham.

Since forming in 2007, The Rifles have seen almost continuous action in Iraq and Afghanistan. During this time, more than 60 Riflemen have been killed in action, around 30 have lost limbs, two have been blinded and two are in neurological units and will remain there for the rest of their lives.

Rebecca Maciejewski is the fundraising co-ordinator for Care for Casualties. She said: "Our war seriously injured are aged between 18 and 26 and have many years of active life

ahead of them. We have approximately 300 other soldiers with serious injuries and the psychological problems that we are warned of have yet to manifest themselves. Riflemen have volunteered to risk their lives and limbs on behalf of others. We do all we can to support them and show our appreciation for their courage and sacrifice."

The appeal has so far raised more than £3 million and is planning to be able to support ex-riflemen for years to come. Rebecca added: "Higher rates of battlefield survival mean we will be responsible for many more severely wounded casualties than was the case in past conflicts. They and their families will need support for many years to come."

"This official welfare system provided by

the Ministry of Defence and the National Health Service, should not be relied on as the sole source of support in the long term. Care for Casualties needs to build up funds so we can continue to play our part, in conjunction with other charities. We thank the Mayor of Newham and residents and councillors for their generosity."

If you want to support the Care for Casualties appeal, visit www.careforcasualties.org.uk

To find out more about G Company 7 Rifles visit the Army Reserve Centre, Portway, West Ham, any Tuesday evening or call 020 8472 0140.

Teaching support is top class

A Meror Park school has been selected to become a National Teaching School and will help others identify leadership potential and offer recruitment support.

As part of the scheme, Sheringham Nursery School and Children's Centre will take a leading role in training new teachers.

The school's head teacher, Dr Julien Grenier, has been designated as a National Leader of Education and deputy head teacher Lesley Webb, has been designated as a Specialist Leader of Education.

Dr Grenier said: "We are absolutely delighted with this achievement, which is the result of a great deal of hard work by the staff team and governors. The early years of a child's life and learning are incredibly important. We are already recruiting for new primary teachers to start training in September through our partnership with Kazan Primary School in Plaster and the University of East London."

www.sheringham-nur.org.uk



On your bikes

Lee Valley VeloPark, the setting for so many of Great Britain's domestic 2012 cycling victories, has launched weekly women's Bike and Brunch sessions.

For 15 cyclists of all standards can enjoy up to two-and-a-half hours of cycling on the venue's one-mile road circuit before putting their fast up with a well-earned hot drink in the inspiring venue at the heart of Queen Elizabeth Olympic Park.

The circuit winds scenically around the VeloPark, is traffic free and closed to the public, allowing beginners to improve their technique or experienced riders to work on their time. Cycles are available for hire for an extra £5.

Lee Valley VeloPark is in Abercrombie Road, E20. The Bike and Brunch sessions take place every Friday between 9.30am-12noon. For more information visit www.visitleevalley.org.uk/velopark



Students recognised by Amnesty

A youth group at Dingles Community School in Canning Town are celebrating after being shortlisted for an award by Amnesty International.



The school's Amnesty Youth Group has been nominated for the Young Human Rights Campaigner Award - Most Committed Group, recognising the dedicated activism of the students involved.

The group, made up of young people from Years 8 to 11, has taken part in many Amnesty campaigns, including making placards in support of female workers in Afghanistan, protesting at a number of embassies against torture, and putting pressure on the USA to ratify the United Nations Convention on the Rights of the Child. Individual students have also earned success. Ais Nower and Matea Danilevicius have both successfully applied to become members of Amnesty's Youth Advisory Group.

Role models return to school

Pupils past and present from a Pinner school have linked up as part of an initiative to offer the current generation of students career advice, helping to achieve academic success.



Almost 200 former students of Lister Community School have signed up with the charity Future First, which sets up alumni networks in schools across Britain.

Four former students went back to the school to chat to current Year 11s about the skills they would need to succeed in the working world, including police detective Paul Mc and careers education consultant Janet Delbridge. Janet (pictured) said: "It was amazing to see the energy at Lister. It made me really proud to be a former pupil."

Lister wants to hear from more former students on alumni@listerschool.org.uk or you can also sign up to Future First's alumni scheme by clicking on the Former Students link at www.futurefirst.org.uk

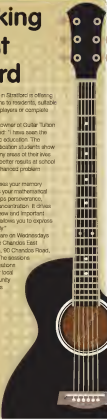
Striking right chord

A guitar teacher in Stratford is offering free guitar lessons to residents, suitable for experienced players or complete musical novices.

Darryl Porebs, owner of Guitar Tutors East London, said: "I have seen the benefits of music education. The passion and dedication students show translates to many areas of their lives from producing better results at school to generating enhanced problem solving skills."

"Music increases your memory capacity, better your mathematical skills and develops perseverance, discipline and concentration. It drives you to develop new and important social skills and allows you to express yourself creatively."

The sessions are on Wednesdays at 7.30pm at the Chandos East Community Hub, 90 Chandos Road, Stratford, E15. The sessions are free, but donations are accepted for local charities Community Links and Caritas Anchor House.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKEs AND POEMs TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address, date
and daytime contact telephone number on the
back of your entry. Only original work will be entered.

GALLERY



Hannah Yasmin, 10



Kate Annan, 11



Luke Nartotyte, 6



Mastregan Ganesharupan, 6

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GJ**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordsearch

Poem

Spring

Spring is coming and the birds
are tweeting
and the sun is shining and the
grass is growing.
Children are smiling and rabbits
are playing, bees are humming with
buckets of honey.

Trees are talking that "spring is
here" and everyone is happy and
full of cheer.

Wake up wake up because
spring is here
spring is here spring is here.

Marlina Umar Ali, 8



A G N I D L U B U D P T N S C G E O
U F A O N N E H A T H R E D E I V A S G R
S C U B H U A T A S S M F T O P W H L A
N M U E V S U A U Y A S S M F T O P W H L A
O E T C T R E H E T A S S M F T O P W H L A
S T I O D K I F E T H E T A S S M F T O P W H L A
T I O D K I F E T H E T A S S M F T O P W H L A
U M A K S A C G O T F E F A U N U R E G
E R L A F M O O L Y E R N O M A U A C P
R S A E C T E R N O M A U A C P

Building
Comfort
Dog-house
Garden

Ground
Kennel
Outdoors
Puppy

Safety
Shelter
Structure
Wood

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Monkey by Michael Rosen (5-12yrs) – Wed 15 Apr 10.30am-12noon, Manor Park Library
Performances by Puppet Craft. Children can see the puppets up close after the show.

2

Jumble Sale – Sat 18 Apr, 10am-2pm, First Avenue Urban Wilderness Garden, E15. Cars £5 (bring own table). Refreshments for sale. Enquiries to urbanwilderness@live.co.uk

3

World Book Night – Thu 23 Apr, 6.30-7.30pm, East Ham Library. Local poets and performers. Free book for all attendees. Book in advance by emailing deborah.peck@newham.gov.uk

MENTION THE MAG...

Could it be for football fans, *Luton: Powerleague*. Nowhere are offering a big discount for people who live or work in Newham. 6-a-side pitches can be rented for £40 an hour at any time on Monday, usually prior to 4pm, which just marginally the cost of the *MagnusMag*. *Luton: Powerleague* is held at Northgate Playing Fields, Jinkins Lane, E31 1DA. For further information call 020 851 4111 or visit newham.web@powerleague.co.uk



TRY SOMETHING NEW... WILDFLOWER MEADOW CREATION

Come along to West Ham Park to help creative native wildflower meadows ready for the summer.

Friday 24 Apr, 10am-1pm, meet at the bandstand at 10am

Learn practical conservation skills and help enhance wildlife. Free. All ages and abilities welcome. For more information call Friends of West Ham Park on 020 8472 3584.



Indicates free sessions

Libraries unless stated

UNDER-FIVES

Music and Rhyme
Tues, 10.30-11.15am, Custom House

Rhyme Time
Thurs, 1.30-2.15pm, Custom House Mon, 4-4.45pm, Canning Town

Storytelling
Mon 11am-12noon, Tues, 10-11am, Blackten Globe Mon 10.30-11.15am, Custom House, Tues, 10.30-11.30am, Canning Town, Tues 11am-12noon, The Gate, Tues, 10.30-11.30am, Thurs, 8.45-10.45am, East Ham, Fri 10 Apr 2.30-3.30pm, Sat 11am-12noon, Green St, Fri 10-11am, Manor Park, Thurs 2-2pm, North Woolwich, Thurs 2-2pm, Plaistow, Tues and Fri, 11am-12noon, Stratford, Fri 10 Apr, 2.30-3.30pm, (Fancy Dress)

Green St

Stay and Play
Support for parents and carers to develop their child through play. *Term time* Weds and Sat, 11am-1pm, Stratford, Thurs, 1.30-3.30pm, Jack Cornwall C-C, Fri 10.30-11.30am, The Gate, Tues, 9-10-10.30am, Jays C-C, Tues 10am-12noon, Grassroots, Thurs, 1-2pm, North Woolwich, Tues, 2pm-4pm, Thurs, 2pm-4pm, Sat, 12noon-1pm, Green St

Music and Movement
Sessions for parents/carers and children Mon 10-11am, Grassroots

Baby Sing-a-Long
Thurs 1-1.30pm, North Woolwich

YOUNG PEOPLE

Board Games Club (7-12yrs)
Play chess, Checkers, Ludo, Pictionary and more. Term time.

Thurs 4-6pm Green St and Custom House; Thurs 4-5pm, North Woodleigh; Tues and Fri 4-5pm Stratford (free time)
Sat 2-3-4pm, Manor Park;
Tues 7 Apr 2-4pm, Green St

Dames Club (7-16yrs)
Sony PS4, Xbox360, Nintendo Wii, board games and more
Tues 3-3:30pm, Custom House; Thurs 4-5pm, Canning Town; Wed 3-3-5pm, Forest Gate; Mon 3-3:30pm, Mon 13 Apr 2-3pm, Plaistow

Proud Young Project (7-16yrs)
Activities for young people. Mon 3-3:30pm, Jack Cornwell C C

Children's Movie Club
Booking essential. Thurs 4-4pm 7-12yrs. The Gate. Tues 3-3:30pm, 10-12yrs, Junior 8s must be accompanied by an adult. Green St

Arts and Craft Workshop (5yrs)
Fri 3-3:30pm, Green St;
Sat 2-3pm, Custom House and Canning Town; Tues 4-5pm, Plaistow

Musical Party Games
Wed 10 Apr 3-3:30pm, Green St

Graphic Novel Workshop
Wed 15 Apr 10am-12noon, Green St

Graphic Novel Creation
Wed 15 Apr 7-10:30pm, Green St

Musical Fruit Kababs
Wed 15 Apr 2-3:30pm, Green St

Musical Keep Fit
Wed 15 Apr 3-3:30pm, Green St

Celebrate the plays of William Shakespeare
Thurs 16 Apr 2-3pm, Green St

Open mic Poetry and Drama Performances
Thurs 16 Apr 3-4pm, Green St

Dames Club with Treasure Hunt
Tues 14 Apr 2-4pm, Green St

Party Dames
Thurs 14 Apr 4-5pm, Green St

Egg Hunt
Wed 15 Apr 10am-12noon, Plaistow

Young Readers Club (7-12yrs)
Read and discuss your favourite books. Tues 4-5-15pm, North Woodleigh; Sat 10-30am 12noon, Manor Park

Children's Movie Matinee (10-13yrs)
Sat 3-3:30pm, Green St

Let's Start Sewing (7-16yrs)
Beginner sewing classes. Sat 12noon-3pm, Woodman C C; Woodman C C, E16 Email: thesam@kitesfoundation.org.uk

Easter Arts and Crafts (5-12yrs)
Fri 10 Apr 3-3:30pm, Mon 13 Apr 2-3:30pm, Fri 17 Apr 3-3pm, Green St

Open Mic Talent Show (4-11yrs)
Fri 17th Apr 2-3:30pm, Green St

Reading challenge finisher party
Sat 10th Apr 3-3:30pm, Green St

Writers Block by The Dance for Little People (5-12yrs)
Fri 17 Apr 10-30am-12-30pm, 2-3pm, Manor Park

ACTIVITIES AND SUPPORT

Time-2-Craft (16-4yrs)
Sat 10am-12noon, Stratford

Adult Reading Group
Discuss your favourite books and discover new writers. Mon 13 Apr 6-7:30pm, Stratford; Thurs 16 Apr 6-7:30pm, East Ham. Email: ashham@adrs@gmail.com for more info

Chess Club
Mon, 5-5:30-7:30pm, East Ham; Weds 3-3:30pm, Green St; Thurs, 5-5:30pm, Stratford; Fri 3-3:30-5:15pm, The Gate

Coffee Mornings
Tues 10-11:30am, Beckton; Tues 14 Apr 10-30am 12noon, Manor Park; Tues 21 Apr 10-30am

12noon, Plaistow; Tues 11am-12:30pm, Custom House; Wed 15 Apr 10am-12noon, East Ham; Wed 15 Apr 10-30am-12noon, Green St; Thurs 10-11:30am, Canning Town; Thurs 10-11:30am, North Woodleigh

Do it Online (16-4yrs)
Free on or night-work basic computer training. Advance booking required, contact library directly. Tues 10am-12noon, The Gate; Tues 10am-12noon, East Ham; Tues 10am-12noon and 2-4pm, Plaistow; Mon, 10am-12noon, Manor Park; Weds 2-4pm, Stratford; Thurs 10am-12noon, Green St; Thurs 10am-12noon, Katherine Rd C C; Wed 10am-12noon, Plaistow

Knit & Natter (16-4yrs)
Wed, 10am-12noon, Beckton; Fri 10-30-11:30am, Canning Town; Fri 10am-12noon, East Ham; Tues 10-30am-12:30pm, Manor Park; Weds, 10-30am-12:30pm, Green St

ICT Surgery
IT advice for all ages. Mon, 10am-12noon and 2-3pm, Plaistow; Wed 10-30am-12noon, Stratford; Fri 2-4pm, Canning Town

Weekly Det Together
Try new things. Weds 10-30am-12:30pm, Green St; Call 020 3373 0857

Love Newham app
drop-in. Learn how to report issues via the app. Mon 10-30-11:30am, The Gate

Inspire Futures Drop in
Advice on ESOL and citizenship. Thurs, 2-4pm, Green St

Community Link Drop in
Debt, housing and benefit advice. Call 020 8548 9825 to make an appointment. Thu 16 Apr 3-3:30-5:30pm, Katherine Rd C C. Call 020 8548 9845, Mon 13 Apr 12noon-2pm, Green St. Call 020 3373 0857

ICT Drop-in Session
Set up a My Newham profile and create an email account. Fri, 10am-12noon, The Gate; Fri, 10am-12noon, Green St

Wings Night (16-4yrs)
Thurs, 5-7pm, Green St

Aerobic Exercise
Workout and body stretching. Tues, 8-30-10:30am, Jack Cornwell C C. E1 50

East Ham Youth Zone
Sony PS4, Qu'boxes and other activities. Tues 4-7pm, East Ham

Nappy Living Club
Indoor and outdoor activities for over 50s. Tues and Weds, 1-3-5:30pm, Joyce C C

SNY Drop-in
Fri 12noon-1pm, Stratford

New Deal Club
Opportunity to learn new and seeking things for members. Mon, 6-8pm, Stratford. Goats up to 12

Silver Surfers IT Course
Fri 2-3:30pm, Beckton

Support in Action
Thurs, 12noon-4pm, Joyce C C

Martial Arts (18yrs)
Tues 5-6pm, Jack Cornwell C C

Det on Target Business Advice Surgery
Tues 12noon-3pm, North Woodleigh. Call 07931 678 463 to book

SpEC Speaking English with Confidence
Tues, 7-10-2:30pm, Stratford; Mon 10-11am, Weds 10-11am, Thurs 10-11am, Green St

Free English Conversation Club
Wed, 11am-12noon, Canning Town; Weds 11am-12noon, The Gate

Life in the UK Classes
Wed, 12noon-2:30pm, Fri 10am-12noon, Plaistow; contact Finklin on 020 8542 3804 for information

British Sign Language Social Club
Thurs 16 Apr 5-30-7:30pm, The Gate

Alcohol Awareness
Thurs 16 Apr 3-5pm, The Gate

Damers Drop
Club for adults with Aspergers Syndrome and High Functioning Autism. Thurs 23 Apr 1-3pm, Plaistow

Together We Can

Social group for adults under 50 who have had a stroke. Fri 7.45pm-8.45pm, Pwllheli

COMMUNITY ACTIVITIES

Bumps and Babies

(up to 1yr) A free home-based meet up every Wed, 1.30pm for expectant parents and those with babies. Email: newhammcc@hotmail.com

Meet and Greet

Mums, Bumps and Babies. Fri in various cafes around Newham. Visit www.newhammums.co.uk or email jigolawell@newhammums.co.uk

Royal Dockers Learning & Activity Centre

Mon, Naulsdown, 10am-12noon, 6.30-8.30pm, Tues, Parent and Toddler Group, 10am-12noon, 6.30-8.30pm, Wed, 10am-12noon, 6.30-8.30pm

Wed, 10am-12noon, 6.30-8.30pm, 1.2.1 support, by appointment. Closes available Thurs, 10am-12noon, 6.30-8.30pm

Thurs, 10am-12noon, 6.30-8.30pm, 1.2.1 support, by appointment. Closes available Thurs, 10am-12noon, 6.30-8.30pm

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Thurs, 10am-12noon, 6.30-8.30pm, 1.2.1 support, by appointment. Closes available Thurs, 10am-12noon, 6.30-8.30pm

Thurs, 10am-12noon, 6.30-8.30pm, 1.2.1 support, by appointment. Closes available Thurs, 10am-12noon, 6.30-8.30pm

Thurs, 10am-12noon, 6.30-8.30pm, 1.2.1 support, by appointment. Closes available Thurs, 10am-12noon, 6.30-8.30pm

Thurs, 10am-12noon, 6.30-8.30pm, 1.2.1 support, by appointment. Closes available Thurs, 10am-12noon, 6.30-8.30pm

BOXING AND SELF DEFENCE

Boxing (Newham College)

Mon 5.30pm-6.30pm, East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri 4.30pm-5.30pm, Mon to Fri 5.30pm-6.30pm, Woodman St, North Woolwich, E16. Call 020 7474 0054

Punch Out (16+ yrs)

Fri, 4.30pm, Katherine Rd C 254 Katherine Rd, E7

Intense Fitness (14+ yrs)

Workouts: boxing and wrestling. Fri 8.30-10pm, 25 The Harley Centre, E6. Call 07578 253 642

Newham Shoujin Karate

Wed (6am-8am), 4.30-5.30pm, Fri 5.30pm-6.30pm, Sun 10.15am-11.15am, Under 15s, 15-19s, 20-29s, 30-39s, 40-49s, 50-59s, 60-69s, 70-79s, 80-89s, 90-99s, 100-109s, 110-119s, 120-129s, 130-139s, 140-149s, 150-159s, 160-169s, 170-179s, 180-189s, 190-199s, 200-209s, 210-219s, 220-229s, 230-239s, 240-249s, 250-259s, 260-269s, 270-279s, 280-289s, 290-299s, 300-309s, 310-319s, 320-329s, 330-339s, 340-349s, 350-359s, 360-369s, 370-379s, 380-389s, 390-399s, 400-409s, 410-419s, 420-429s, 430-439s, 440-449s, 450-459s, 460-469s, 470-479s, 480-489s, 490-499s, 500-509s, 510-519s, 520-529s, 530-539s, 540-549s, 550-559s, 560-569s, 570-579s, 580-589s, 590-599s, 600-609s, 610-619s, 620-629s, 630-639s, 640-649s, 650-659s, 660-669s, 670-679s, 680-689s, 690-699s, 700-709s, 710-719s, 720-729s, 730-739s, 740-749s, 750-759s, 760-769s, 770-779s, 780-789s, 790-799s, 800-809s, 810-819s, 820-829s, 830-839s, 840-849s, 850-859s, 860-869s, 870-879s, 880-889s, 890-899s, 900-909s, 910-919s, 920-929s, 930-939s, 940-949s, 950-959s, 960-969s, 970-979s, 980-989s, 990-999s, 1000-1009s, 1010-1019s, 1020-1029s, 1030-1039s, 1040-1049s, 1050-1059s, 1060-1069s, 1070-1079s, 1080-1089s, 1090-1099s, 1100-1109s, 1110-1119s, 1120-1129s, 1130-1139s, 1140-1149s, 1150-1159s, 1160-1169s, 1170-1179s, 1180-1189s, 1190-1199s, 1200-1209s, 1210-1219s, 1220-1229s, 1230-1239s, 1240-1249s, 1250-1259s, 1260-1269s, 1270-1279s, 1280-1289s, 1290-1299s, 1300-1309s, 1310-1319s, 1320-1329s, 1330-1339s, 1340-1349s, 1350-1359s, 1360-1369s, 1370-1379s, 1380-1389s, 1390-1399s, 1400-1409s, 1410-1419s, 1420-1429s, 1430-1439s, 1440-1449s, 1450-1459s, 1460-1469s, 1470-1479s, 1480-1489s, 1490-1499s, 1500-1509s, 1510-1519s, 1520-1529s, 1530-1539s, 1540-1549s, 1550-1559s, 1560-1569s, 1570-1579s, 1580-1589s, 1590-1599s, 1600-1609s, 1610-1619s, 1620-1629s, 1630-1639s, 1640-1649s, 1650-1659s, 1660-1669s, 1670-1679s, 1680-1689s, 1690-1699s, 1700-1709s, 1710-1719s, 1720-1729s, 1730-1739s, 1740-1749s, 1750-1759s, 1760-1769s, 1770-1779s, 1780-1789s, 1790-1799s, 1800-1809s, 1810-1819s, 1820-1829s, 1830-1839s, 1840-1849s, 1850-1859s, 1860-1869s, 1870-1879s, 1880-1889s, 1890-1899s, 1900-1909s, 1910-1919s, 1920-1929s, 1930-1939s, 1940-1949s, 1950-1959s, 1960-1969s, 1970-1979s, 1980-1989s, 1990-1999s, 2000-2009s, 2010-2019s, 2020-2029s, 2030-2039s, 2040-2049s, 2050-2059s, 2060-2069s, 2070-2079s, 2080-2089s, 2090-2099s, 2100-2109s, 2110-2119s, 2120-2129s, 2130-2139s, 2140-2149s, 2150-2159s, 2160-2169s, 2170-2179s, 2180-2189s, 2190-2199s, 2200-2209s, 2210-2219s, 2220-2229s, 2230-2239s, 2240-2249s, 2250-2259s, 2260-2269s, 2270-2279s, 2280-2289s, 2290-2299s, 2300-2309s, 2310-2319s, 2320-2329s, 2330-2339s, 2340-2349s, 2350-2359s, 2360-2369s, 2370-2379s, 2380-2389s, 2390-2399s, 2400-2409s, 2410-2419s, 2420-2429s, 2430-2439s, 2440-2449s, 2450-2459s, 2460-2469s, 2470-2479s, 2480-2489s, 2490-2499s, 2500-2509s, 2510-2519s, 2520-2529s, 2530-2539s, 2540-2549s, 2550-2559s, 2560-2569s, 2570-2579s, 2580-2589s, 2590-2599s, 2600-2609s, 2610-2619s, 2620-2629s, 2630-2639s, 2640-2649s, 2650-2659s, 2660-2669s, 2670-2679s, 2680-2689s, 2690-2699s, 2700-2709s, 2710-2719s, 2720-2729s, 2730-2739s, 2740-2749s, 2750-2759s, 2760-2769s, 2770-2779s, 2780-2789s, 2790-2799s, 2800-2809s, 2810-2819s, 2820-2829s, 2830-2839s, 2840-2849s, 2850-2859s, 2860-2869s, 2870-2879s, 2880-2889s, 2890-2899s, 2900-2909s, 2910-2919s, 2920-2929s, 2930-2939s, 2940-2949s, 2950-2959s, 2960-2969s, 2970-2979s, 2980-2989s, 2990-2999s, 3000-3009s, 3010-3019s, 3020-3029s, 3030-3039s, 3040-3049s, 3050-3059s, 3060-3069s, 3070-3079s, 3080-3089s, 3090-3099s, 3100-3109s, 3110-3119s, 3120-3129s, 3130-3139s, 3140-3149s, 3150-3159s, 3160-3169s, 3170-3179s, 3180-3189s, 3190-3199s, 3200-3209s, 3210-3219s, 3220-3229s, 3230-3239s, 3240-3249s, 3250-3259s, 3260-3269s, 3270-3279s, 3280-3289s, 3290-3299s, 3300-3309s, 3310-3319s, 3320-3329s, 3330-3339s, 3340-3349s, 3350-3359s, 3360-3369s, 3370-3379s, 3380-3389s, 3390-3399s, 3400-3409s, 3410-3419s, 3420-3429s, 3430-3439s, 3440-3449s, 3450-3459s, 3460-3469s, 3470-3479s, 3480-3489s, 3490-3499s, 3500-3509s, 3510-3519s, 3520-3529s, 3530-3539s, 3540-3549s, 3550-3559s, 3560-3569s, 3570-3579s, 3580-3589s, 3590-3599s, 3600-3609s, 3610-3619s, 3620-3629s, 3630-3639s, 3640-3649s, 3650-3659s, 3660-3669s, 3670-3679s, 3680-3689s, 3690-3699s, 3700-3709s, 3710-3719s, 3720-3729s, 3730-3739s, 3740-3749s, 3750-3759s, 3760-3769s, 3770-3779s, 3780-3789s, 3790-3799s, 3800-3809s, 3810-3819s, 3820-3829s, 3830-3839s, 3840-3849s, 3850-3859s, 3860-3869s, 3870-3879s, 3880-3889s, 3890-3899s, 3900-3909s, 3910-3919s, 3920-3929s, 3930-3939s, 3940-3949s, 3950-3959s, 3960-3969s, 3970-3979s, 3980-3989s, 3990-3999s, 4000-4009s, 4010-4019s, 4020-4029s, 4030-4039s, 4040-4049s, 4050-4059s, 4060-4069s, 4070-4079s, 4080-4089s, 4090-4099s, 4100-4109s, 4110-4119s, 4120-4129s, 4130-4139s, 4140-4149s, 4150-4159s, 4160-4169s, 4170-4179s, 4180-4189s, 4190-4199s, 4200-4209s, 4210-4219s, 4220-4229s, 4230-4239s, 4240-4249s, 4250-4259s, 4260-4269s, 4270-4279s, 4280-4289s, 4290-4299s, 4300-4309s, 4310-4319s, 4320-4329s, 4330-4339s, 4340-4349s, 4350-4359s, 4360-4369s, 4370-4379s, 4380-4389s, 4390-4399s, 4400-4409s, 4410-4419s, 4420-4429s, 4430-4439s, 4440-4449s, 4450-4459s, 4460-4469s, 4470-4479s, 4480-4489s, 4490-4499s, 4500-4509s, 4510-4519s, 4520-4529s, 4530-4539s, 4540-4549s, 4550-4559s, 4560-4569s, 4570-4579s, 4580-4589s, 4590-4599s, 4600-4609s, 4610-4619s, 4620-4629s, 4630-4639s, 4640-4649s, 4650-4659s, 4660-4669s, 4670-4679s, 4680-4689s, 4690-4699s, 4700-4709s, 4710-4719s, 4720-4729s, 4730-4739s, 4740-4749s, 4750-4759s, 4760-4769s, 4770-4779s, 4780-4789s, 4790-4799s, 4800-4809s, 4810-4819s, 4820-4829s, 4830-4839s, 4840-4849s, 4850-4859s, 4860-4869s, 4870-4879s, 4880-4889s, 4890-4899s, 4900-4909s, 4910-4919s, 4920-4929s, 4930-4939s, 4940-4949s, 4950-4959s, 4960-4969s, 4970-4979s, 4980-4989s, 4990-4999s, 5000-5009s, 5010-5019s, 5020-5029s, 5030-5039s, 5040-5049s, 5050-5059s, 5060-5069s, 5070-5079s, 5080-5089s, 5090-5099s, 5100-5109s, 5110-5119s, 5120-5129s, 5130-5139s, 5140-5149s, 5150-5159s, 5160-5169s, 5170-5179s, 5180-5189s, 5190-5199s, 5200-5209s, 5210-5219s, 5220-5229s, 5230-5239s, 5240-5249s, 5250-5259s, 5260-5269s, 5270-5279s, 5280-5289s, 5290-5299s, 5300-5309s, 5310-5319s, 5320-5329s, 5330-5339s, 5340-5349s, 5350-5359s, 5360-5369s, 5370-5379s, 5380-5389s, 5390-5399s, 5400-5409s, 5410-5419s, 5420-5429s, 5430-5439s, 5440-5449s, 5450-5459s, 5460-5469s, 5470-5479s, 5480-5489s, 5490-5499s, 5500-5509s, 5510-5519s, 5520-5529s, 5530-5539s, 5540-5549s, 5550-5559s, 5560-5569s, 5570-5579s, 5580-5589s, 5590-5599s, 5600-5609s, 5610-5619s, 5620-5629s, 5630-5639s, 5640-5649s, 5650-5659s, 5660-5669s, 5670-5679s, 5680-5689s, 5690-5699s, 5700-5709s, 5710-5719s, 5720-5729s, 5730-5739s, 5740-5749s, 5750-5759s, 5760-5769s, 5770-5779s, 5780-5789s, 5790-5799s, 5800-5809s, 5810-5819s, 5820-5829s, 5830-5839s, 5840-5849s, 5850-5859s, 5860-5869s, 5870-5879s, 5880-5889s, 5890-5899s, 5900-5909s, 5910-5919s, 5920-5929s, 5930-5939s, 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6770-6779s, 6780-6789s, 6790-6799s, 6800-6809s, 6810-6819s, 6820-6829s, 6830-6839s, 6840-6849s, 6850-6859s, 6860-6869s, 6870-6879s, 6880-6889s, 6890-6899s, 6900-6909s, 6910-6919s, 6920-6929s, 6930-6939s, 6940-6949s, 6950-6959s, 6960-6969s, 6970-6979s, 6980-6989s, 6990-6999s, 7000-7009s, 7010-7019s, 7020-7029s, 7030-7039s, 7040-7049s, 7050-7059s, 7060-7069s, 7070-7079s, 7080-7089s, 7090-7099s, 7100-7109s, 7110-7119s, 7120-7129s, 7130-7139s, 7140-7149s, 7150-7159s, 7160-7169s, 7170-7179s, 7180-7189s, 7190-7199s, 7200-7209s, 7210-7219s, 7220-7229s, 7230-7239s, 7240-7249s, 7250-7259s, 7260-7269s, 7270-7279s, 7280-7289s, 7290-7299s, 7300-7309s, 7310-7319s, 7320-7329s, 7330-7339s, 7340-7349s, 7350-7359s, 7360-7369s, 7370-7379s, 7380-7389s, 7390-7399s, 7400-7409s, 7410-7419s, 7420-7429s, 7430-7439s, 7440-7449s, 7450-7459s, 7460-7469s, 7470-7479s, 7480-7489s, 7490-7499s, 7500-7509s, 7510-7519s, 7520-7529s, 7530-7539s, 7540-7549s, 7550-7559s, 7560-7569s, 7570-7579s, 7580-7589s, 7590-7599s, 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8430-8439s, 8440-8449s, 8450-8459s, 8460-8469s, 8470-8479s, 8480-8489s, 8490-8499s, 8500-8509s, 8510-8519s, 8520-8529s, 8530-8539s, 8540-8549s, 8550-8559s, 8560-8569s, 8570-8579s, 8580-8589s, 8590-8599s, 8600-8609s, 8610-8619s, 8620-8629s, 8630-8639s, 8640-8649s, 8650-8659s, 8660-8669s, 8670-8679s

available for wheelchair
 Call 07763 880 429
 Fr 6.30-8pm Meet at
 Newham Leisure Centre E13
 Sun 10-11.30am Meet at East
 Ham Leisure Centre, E9

Young et Meant
 Bingo Club Mon 12noon
 4pm E1 Joyes C.C.
Bedroom Doodling
 Mon 10am-12noon, St Paul's
 Church Centre, Burgess Rd, E6
 £2.50 per session
 Call 07781 269 453

Active Centre Bingo (50+)
 Thurs 7.30pm, Jack Carroll C.C.
 Mon 12noon-4pm, Joyes C.C.

Over 50s club
 Thurs 10am-12noon Beckton

ICCAN
 Faith based group with cultural
 activities, Fr 12noon-2pm
 Joyes C.C.

Tee Dance (50+) Wed 15
 Apr 1-3pm, St Marks C.C. E1.50

GREEN

Green Gym
 Weds, 10am-1pm meet at
 Visitor Centre in East Ham
 Nature Reserve, Norman Rd E8
 Call 07945 373 156

Green Volunteering
 Tues and Thurs, 10am-2pm,
 Sharnston Wy, E16 (opp
 Holford Rd)

Garden Club
 Tues 7.30pm Thurs 4.7pm,
 Sat 10am 4pm Abbey Gals
 Bakers Row, E15

Gardening Thymes
Gardening Club
 Fr 1am-4pm, Bowing Green,
 Central Park, High St South E8

**Grow Together Be Together
 Community Gardening Club**
 Wed, 10am-1pm Sat 1pm-3pm
 Flinders Rd, Melbourne Rd
 entrance E6 Call 080 8598 7070

DOORSTEP CLUBS

Call 0844 414 2729 unless
 otherwise stated

Athletics Club (14+)
 A multi sport session focusing on
 athletics, football and the gym
 Tues, 6-7pm Newham Leisure
 Centre, E13 Call 07718 394 755

Gym & Basketball (14+)
 Tues, 8-10pm E2, Rokeby
 School, Barking Rd E16

Stunt & Tumble (14+)
 Thurs 7.30-9pm, E5 Talent Cheer
 & Dance, Galore Reach, Arncliffe
 Wy, E6 Call 07886 612 610

FEMALE SPORTS

Basketball Sessions
 Tues, 4-6pm, Chobham
 Academy, 40 Cheering Ln E20

Dance2Dance (12-16yrs)
 Street dance, Fr 3.30-5.30pm
 Newham Leisure Centre E13

Female Boxfit (14+)
 Mon 4.15-5.15pm, Balham Leisure
 Centre E13 Call 07970 783 535

Girls Football (11-16yrs)
 Tues, 4-5.30pm and Thurs,
 5-6pm, Newham Leisure Centre,
 Fr, 5-7pm, Memorial Park, E15

Girls Group Cycling (11-15 yrs)
 Tues and Thurs, 5.15-6.30pm,
 Newham Leisure Centre, E13

Just Play (14+)
 Wed 6.30-8pm, multi sports
 (form time) Cumberland School
 E13 Call 0844 414 2728

Abx Blast (11-15yrs)
 Thurs, 5.30-6pm E3 T0,
 Newham Leisure Centre, E13

Athlete (14-16yrs)
 Athletics (cross), Wed 5.30-6.30pm
 E1 Flinders Community Centre
 Napier Rd, E6 Call 07718 394 755

Female Only Gym Sessions
 Mon, 3-4pm, 15-25yrs.
 Mon and Wed, 7.30-10.30pm
 Tues and Thurs, 12noon-1.30pm
 Sun 3-5pm 11-15yrs E4 E5,
 Newham Leisure Centre, E13

Get Back into Netball
 Tues, 6-7.30pm, juniors,
 7.30-9pm seniors E2 Uxter
 Community School, E13 Call
 07717 281 529

Julie's Mums On The Run
 Wed, 10-11.30am E5 or bring
 a friend and both pay £4 each
 Abbey Lane Park, E15
 Call 07951 374 772

KeepFit
 Wed, 10am E7 Chandos East
 Centre E15 Call 07950 944 085

Keep Fit - Stay Fit
 Sat 10-11am, E3.50, Jack Carroll
 C.C. E12 Call 07785 064 116

Ladies Only Keep Fit
 Wed 10am, E1 Chandos East
 Centre Chandos Rd, E15
 Thurs 10am, E1.50 Rokeby
 Centre Rokeby St E15

**Shelle's Yummy
 Mummy Buggy (14+)**
 Mon, 10-11.30am, E5 Central
 Park, High St South, E6 (meet
 outside cafe in the park) Fr 10-
 11.30am Plashet Park, Plashet
 Gty, E6 Call 07928 674 553

Women's Bedminton
 Fr 1-2.30pm, East Ham Leisure
 Centre E8 £2 equipment
 provided Call 07930 162 925

Women United AFC (11+)
 Mon (form time), 6-7.15pm
 E1, Kingsford School, E6 Call
 07752 932 979

Zumba and Tone
 Tues 1.15-2.15pm E1
 St Bartholomew's Church/Hill
 Barking Rd E5 Call 07944 775 679

**SPORTS AND PHYSICAL
 ACTIVITIES FOR
 DISABLED PEOPLE**

Ability Club (14-25yrs)
 Multi sports for disabled young
 people Wed, 5.30-6.30pm and
 Fr, 4.45-6pm NewViz, E73

Athletics (6-16yrs)
 Tues, 4.15-6.15pm, Brampton
 Manor Roman Rd E5 Thurs
 4.30-5.55pm, St Angelo's
 Uxbridge School E7 Email
 crumshaw@haringeyathletics.org

Family Swims
 Sat 4.30-5.30pm Newham
 Open Swimming Club Newham
 Leisure Centre E13 Call 0300
 124 0122 Sun, 12.30-2pm,
 Family Bath, Balham Leisure

Centre E5 Call 0300 124 0129
Get Fit for Free
 Tues 1.30-3.30pm and
 Fr 10am-12noon Free gym
 use for people with learning
 disabilities Newham Leisure
 Centre E13 To book an
 induction call 0300 124 0123

Sensory Play (0-5yrs)
 Wed, (form time) 1.30pm-3pm
 Oliver Thomas Children's Centre,
 Matthews Ave, E9 Email Nicole
 leon@oliverthomasonewham.
 gov.uk or call 020 8821 0997

Swim for Families
Swimming with Autism
 Wed 4.5pm Balham Leisure
 Centre E13 Call 0300 124 0123

Support in Action (14+)
 Indoor and outdoor activities
 advice and support, Thurs
 12noon-4pm, to Joyes C.C.

RUNNING

Beckton Park Run
 Sat 8am Beckton Park South
 E16 Call 07718 394 756
 www.parkrun.org/beckton

East End Road Runners
 Tues and Thurs 7pm Sun 9am
 Meet on the track Coached
 sessions for all abilities Newham
 Leisure Centre, E13 Call 07979
 281 847

Run England
 £2 unless stated, Sun, 10am-
 12noon Newham Leisure
 Centre, E13, (meet on track)
 Mon 4.50-6pm Newham
 Leisure Centre E13 (meet on
 track) Mon, 5.45-6.45pm,
 Newham Cocklands, E76 (meet at
 reception) Wed 12noon Sun,
 Newham Cocklands E76 (meet at
 reception) Thurs, 5.15-6.15pm,
 LEL Cocklands Campus, E76
 (meet at reception) Sat 10-
 11.30am Westwood Fields, E12
 (meet at Harrow Rd Changing
 Pavilion) Sat 10-11.30am,
 Memorial Park, E15, £4 (meet at
 car park) Call 07718 394 674

SPORTS

Athletics
 Newham and Essex Googie
 Athletics Club Mon and Wed

6-8pm, Foundation Groups
(6-10 yrs), Mon, 7-8pm and
Wed 5-7pm; C3, Tinnock
McMillan Stadium, Newham
Leisure Centre, E13. Visit www.newhamleisurecentres.co.uk

BMX (6-16yrs)

Sun 12pm-12noon; C3, Goodside
Playing Fields, St Albans Ave.
E5. Call 07581 333 615

Fencing with Newham

Swords Tues, 5-6pm, Thurs
6-8pm, Fri, 7-10pm. Classes for
adults (16+), and non-plates
(4-7yrs). LEL, SportsDock, Call
07896 610 888

Indoor Cricket (6-16yrs)

Wed 5-6pm; C2, Lester
Community School
E13, email pschool@lbcnewham.org.uk

Black Arrows Badminton

Club Adults: Fri, 7-9pm. Juniors
Sat, 10am-11am, C2, 7Q, East
Ham U.C. Adults: Wed, 7-10pm,
UEL, SportsDock, Call 07892
087173

Woodside Badminton Club

Fri 7.30-9.30pm intermediate
and club standard. C5, Wagon?
C3 unwaged, Carpenter's and
Dockland Centre, 38 Giddey
Rd, E15. Call 07896 150 240

FOOTBALL

All Football (16+yrs)

Tues 7-10pm, Fri 10am-11am
Memorial Park, Memorial Ave
E15. Fri 3-6pm, Beckton
Powerleague, E6. Visit
www.allfootball.co.uk

Football and Athletics

Thurs 4-5.30pm, Britannia
Village, E5 Evelyn Rd, E75

Football & Multi Sports

Mon 4-5.30pm, Newham
Leisure Centre, E13
Wed 5-6pm, Stratford
MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4-5
6pm, U18yrs, U19yrs, 6-7pm
Newham Leisure Centre, E13

Premier League (16+yrs)

6-8.30 (4 auto), Wed, 7-10pm,
Newham Leisure Centre, E13

WYU Kicks

Mon, Tues, Fri, 4-7pm,
WHUGST, Beardon 3G,
50A, Alderside Ct, E6. Thurs,
6.30-7.30pm, Littleford Learning
Zone, 1 Rectory Rd, E12. Thurs,
6.30-7.30pm, Stratford Park
MUGA, West Ham Ln, E15. Sat
10-12.30am, 12noon, Newham
Leisure Centre, E13

Accession Football

Sat 10-11.30am; C3
Reception to 11yrs, King
George V Park, King George
Ave, E16. Call 07806 584 525

BASKETBALL

Basketball & Multi Sports

Fri, 5-6.30pm; 8-10yrs, Snowhill
MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Littleford
Learning Zone, 1 Rectory Rd, E12

National League

Mon 6-8pm, U13/14yrs,
Tues 6-8pm, U15/16yrs
Rokley School, E16
Thurs, 4.30-6pm, U13/14yrs
boys, U14yrs girls, 6-8pm,
U10yrs, Newham Leisure
Centre, E13, 6-8pm, U18yrs,
Cumberland School, E13

NGFC Sports - Basketball

Thurs, 5-7pm, East Ham
Leisure Centre. To register
email pschool@lbcnewham.co.uk
or call 020 8257 4255

Senior Programme

Mon 7.30-9.30pm, Division 2
women and division 3/4 men,
Rokley School, E16. Call
07847 491 616

Newham All Star Sports

Academy (NASSA)
Sessions ET unless indicated
Juniors, Fri 4-6pm, Cumberland
School, E13. National league
U10yrs, U14yrs, U18yrs, Tues,
6-8pm, Rokley School, E16.
National league U18yrs, Tues
8-10pm, Rokley School

E15. National league U10yrs,
U14yrs, U18yrs, Thurs, 6-8pm,
SportsDock, National league
U18yrs, Tues, 8-10pm, UEL.
SportsDock, Junior boys and girls,
Sat 10.20am-12.20pm, UEL.
SportsDock, C2, Call 07760 503
965. www.newhamleisure.org.uk

Youngbloods Basketball

All seasons c/o L
U12yrs, mixed, Sat 1-3pm
East Ham Leisure Centre, E5.
U13/14yrs boys, Mon, 6-8pm
and Wed 4-6pm, St
Angela's School, E7.
U13/14yrs girls, Mon 4-6pm
and Wed 4-6pm, St
Angela's School, E7.
U15/16yrs boys, Tues, 6-8pm,
St Angela's School, E7. Thurs,
8pm, St Bonaventures School, E7.
U17/18yrs boys, Mon and
Wed, 8-10pm, St Angela's
School, E7. Call 07868 307 667

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking Rd,
E6, unless otherwise stated.
Tues 14 Apr, Corporate
Parenting Board Room
Newham Dockside, E16,
4.30pm. **Mon 20 Apr**, Local
Development Committee.
Tues 21 Apr, Strategic
Development Committee.
Old Town Hall, Stratford, E15,
7pm. **Wed 22 Apr**, Health
and Social Care Strategy
Commission, 7pm. **Thurs
23 Apr**, Cabinet Mayoral
Proceedings, 5.00pm.

CONTACT THE MAYOR

Surgery

To register for the surgery you
must arrive at the venue up
to 30 minutes ahead of the
advertised time. **Tues 21 Apr**,
5pm, Newham Town Hall, E6

Telephone surgery

Wed 22 Apr, Call 020 8430
2000 between 9.30-10.30am
and leave your details. The
Mayor will call you back at a
later time.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingdome Wy, E6
Canning Town Barking Rd, E16
Custom House
Prince Regent Ln, E16
East Ham 388 Barking Rd, E6
Green Street 337-341
Green St, E13
The Gate 6-8 Woodgrange
Rd, E7
Miner Park
685-687 Romford Rd, E12
North Woolwich
5 Pier Parade, E16
Plaistow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies
Call 020 3373 0881
email archives@lbcnewham.org.uk

LEISURE & SPORTS VENUES

Saleam Leisure Centre
14 Saleam St, E15
East Ham Leisure Centre
304 Barking Rd, E6
Newham Leisure Centre
281 Prince Regent Ln, E13
Newville Prince Regent Ln, E13
UEL SportsDock Docklands
Campus, University Way, E16

COMMUNITY CENTRES (C.C.)

Beckton Community Centre
14 Minor Wy, E6, 020 7511 1214
Field Community Centre
147 Station Rd, E7
020 8536 2000
Grassroots Centre Memorial
Park, Memorial Ave, E16
020 3373 0600
The Hartley Centre
267 Hartley Rd, E6
The Hub 123 Star Ln, E16
020 3373 0760
Jack Cornwall Community
Centre, Jack Cornwall St, E12
020 8553 3459
Jayco Community Centre
1 James Ct, E13, 020 8548 9788
Katherine Rd Community
Centre 254 Katherine Rd, E7
020 8540 8025
St Mark's Community Centre
278 Tolegate Rd, E6
020 7511 1214
Updon Community Centre
Claude Rd, E13, 020 8471 0040
(currently closed)
Wormie Ln Community Centre
Gower Ct, E15, 020 8519 0235
The Wolf Community Centre
40 Wolvega Lane, E8 020 7586 7070

Attention Parents!

More two-year-olds are eligible for Free early years education



Would you like your children to:

- Do exciting activities
- Play with other children their age
- Get ahead with learning and development

Your child may be entitled to up to 15 hours per week of free early years education, starting the term after their second birthday. Subject to meeting income criteria.

Provide • your name • date of birth • National Insurance number and find out NOW if you are eligible by contacting the Learning and Achievement Team on **020 3373 0980** or email **twoyearold.childcare@newham.gov.uk**

COMING SOON: E15'S NEW NEIGHBOURHOOD

LAUNCHING AUTUMN 2015

**A MAJOR NEW NEIGHBOURHOOD.
APARTMENTS, HOUSES, CAFES & SHOPS.
CREATIVE INSPIRATION CLOSE TO THE STRATFORD HUB.
BE PART OF IT.**

**CALL 0843 770 2711
OR VISIT PROSPECTEAST.CO.UK**

eastTHAMES

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EAST**
LEYTON ROAD E15